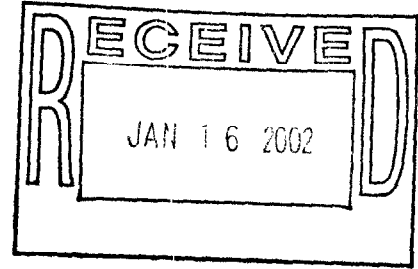


97S 0162 JAN 16 2002



January 2, 2002

Office of Nutritional Products
Labeling and Dietary Supplements (HFS-810)
Center for Food Safety & Applied Nutrition
Food and Drug Administration
200 C Street SW
Washington, D.C. 20204

Dear Sir or Madam:

This letter will serve as 30-day notification, pursuant to section 403 (r)(6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Name and address of Dietary Supplement Manufacturer: Twin Laboratories Inc.
150 Motor Parkway
Hauppauge, NY 11788

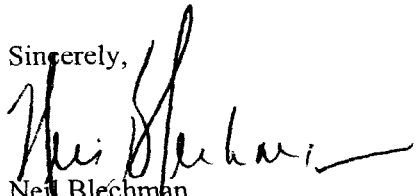
Text of statement being made: "High Energy"

Dietary supplement ingredients: Guarana Seed Extract, Citrus Aurantium Extract, Proprietary Thermogenic and Metabolic Blend (St John's Wort Extract, L-Phenylalanine, Green Tea Leaf Extract, Quercetin Dihydrate, Citrus Bioflavonoid Complex, Ginger Root, Cayenne Fruit)

Dietary supplement brand and name: Twinlab TODAY'S WOMAN HIGH ENERGY

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that Twin Laboratories Inc. has substantiation that the statement is truthful and not misleading.

Sincerely,

Neil Blechman
Executive Vice President
Twin Laboratories Inc.

Enclosures

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